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ANGEL CORONAS

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THE TIMES

Port Limon, Costa Rica (A. A.)

Bacteriology and Health

SIR ALMROTH WRIGHT ON MOST CHERISHED POPULAR NOTIONS OF HYGIENE

Washing Idea is Very Much Overdone.

The English people, whose pet vanity it is still to think that they are the only really clean nation in the world, have read with pain Sir Almroth Wright's lecture on "Bacteriology and Health." Sir Almroth attacked the most cherished popular notions of hygiene. Washing, fresh air, physical exercise, all these and many other principles he scoffed at.

Sir Almroth Wright is not a nobody. Other members of the medical profession speak of him as "undoubtedly one of the cleverest men living." The lives of countless thousands of children are said to have been saved by his advocacy of increasing the coagulability of the blood, and the master achievement of his life was his discovery of the Opsonic Index and vaccines. And such a man as this sneers at the modern craze for cleanliness.

According to Sir Almroth, the washing idea is very much overdone.

"People say you must have had exercise, a certain amount of washing and a certain amount of fresh air," said Mr. Almroth, "but I am persuaded that these rules are quite wrong."

Talking of Washing, he said: "There is a belief that by washing people wash off the microbes. We do, take off a certain amount of microbes but we also destroy the protective skin which is all round our bodies like the tiles of a house. When one has a horrid hand no microbes can ever get near the skin. A great deal of washing increases the microbes of the skin, so I do not think cleanliness is to be recommended as a hygienic method. Fresh air has no better."

"The religion of fresh air," he declared, "has all sorts of dangerous sides to it. The fresh air treatment for consumption I hold to be a dreadful superstition."

"At the London Hospital not long ago certain men were put in a glass cage. Finally the air became very hot, and the men became very sleepy. Then the doctor, by a turbine arrangement, without letting in a drop of fresh air, stirred the vitiated air up, and the men became lively again."

"The whole of the doctrine of fresh air requires revision. It is awkward to be in crowded room because it gets hot, but that upon these affects a whole theory should be built up and large amounts spent on fresh air is deplorable."

After disposing in this ruthless fashion of

BOTH CLEANLINESS

AND FRESH

air. Sir Almroth attacked the doctrine of prevention being better than cure.

"I have noticed," he said, "on the circulars of the Health Society the phrase 'Prevention is better than cure.' I would like to stamp that out. We should wait until we are infected and then take steps to kill the microbes. As Kruger said, let them

wait till the tortoise puts its head out and then kill it."

"Very few people have yet appreciated that the non-infective diseases are ducto microbes. The programme has been to kill the microbe outside the body. That is very difficult to do."

Against this policy we have the policy of killing the microbe inside the body, and that can be done if we take the trouble to study it. The body has protective and destructive substances and these can be enlisted in the fight. Research is necessary.

"It is no good filling hospitals with people we do not know how to treat. I have seen twenty-one doctors round a rich man's bed and not one of them knew anything about him."

"Elsewhere in this heterodox pronouncement Sir Almroth Wright said:

"I do not feel that with regard to public hygiene, we have reached any valuable knowledge, and if we never apply that which we have we shall not be much worse."

"There is a widespread belief that if you have not got any diseases you can keep it away by following certain rules and that if you have a disease you can make it better by following them. That is a religion I have no sympathy with."

"I was on the plague commission in India and recommended all sorts of sterilization of floors, but that, although it cost a lot, did no good; the fleas came hopping along and did not care whether the floors were disinfected or not."

The revolutionary theories have naturally been much discussed. Medical men have demolished his statements one by one with the weightiest of arguments. But many people agree with Dr. Forbes Ross who says:

"One cannot help thinking that Sir Almroth Wright is having a good tug at the professional leg."

No News of Expedition

Calcutta.—Fears are felt for the safety of the expedition under Deputy Commissioner of military police which set out to punish the tribesmen who murdered Mr. Noel Williamson, a British official, and his party on the Assam frontier last week. News has been received from the party since it left and it is feared that the members have been ambushed and killed.

Church and State

Lisbon.—The Portuguese Bishop received a note from Cardinal Merry Del Val, Secretary of State, instructing them to accept the separation of Church and State with no reservation. Cardinal Merry Del Val stated that the Vatican will decide what course to take after the publication of the decree.

End of a Strike

Lima.—A general strike of working men, which began yesterday was settled to-day following the adjustment of the dispute between the management and the employees of the Viarte Factory where the trouble began.

For a bad Cough, use
Kirk's Cough Remedy

Banana Men Before the Bout

CHARGED WITH DISORDERLY CONDUCT.

The police court judge was occupied the whole of yesterday trying the five men that were apprehended by the police, and charged with disorderly conduct on Wednesday last, while the train was leaving Limon and on Wednesday evening when the banana train was leaving with a gang of men to pick up fruit.

It will be remembered that there was some trouble among the banana men that pick up fruits and the company as to their titles when they work. The men refused to go on the cars on the conditions the company offered. As is the custom the men congregated on the truck near the oil freight house to discuss matters. There is a proverb that runs thus: "The chickens follow the hens, so it was in this case; lots of loose women followed the men, and took a lively part in the affair. They shouted and hissed at the men that broke faith and were going out."

Several witnesses were examined on behalf of the company who said the men threw stones at the other men, and the caber was all a streak. One of the witnesses said that Rafael Gattier snatched a lantern from a man that was leaving Limon on one of the banana cars.

Mr. Merrill, banana receiver, prosecuted on behalf of the company.

At the close of the prosecution the men were marched into court and held not guilty.

The judge was of opinion that they were guilty from the evidence given and imposed a fine of \$30 on each man and \$50 on Rafael Gattier. The men gave notice of appeal but they will draw. The men were locked up for 10 days and the judge ordered a dollar per day to be deducted from each man's fine.

Kirk's Liver Tea is one of the best Liver Regulators and Blood Purifiers.

Cricket at Colon

ENGLISHMEN DEFEATED.

The English cricket team that just completed their tour in the West Indian Islands passed through Colon while on their way home, and had a try with the willow wielders of that republic. The team arrived here on the S. "Orubá" and were the guests of the International Club. On the ship's arrival in the harbor a special committee from the Club went on board and extended the invitation.

At about 8 a.m. the visitors were conducted to the Club, where they were received by Dr. W. H. Carington, the President of the Club, and were introduced to the members and friends who gave them a hearty reception.

After champagne was served around Dr. Carington rose and made a short speech, assuring the visitors that although strangers in a strange land they were at home among them, and the members of the International Club extended to them the free privilege of the Club as long as they remained in the Isthmus, but there was one coming danger that he warned them of, that is, they would be beaten by the homesters

in Colon—but whatever may be the result he hoped it would be taken in a sportsmanlike spirit. The health of the visitors was then drank and the social conviviality continued until a late hour at night.

The next day at 10.50 a.m., the game started under favorable weather, Tuesday being bright and cool. The home team won the toss and went in to bat. Lane and Simpson were the first two sent out to do battle for the republic. They did very little with their bat being dispatched respectively for 1 and 10. At the fall of the last wicket the homesters had to their credit 140 the principal scorers were J. W. Gill 53, C. Lane 30, C. Porter 13, C. Linton 12 and A. Simpson 10.

The Englishmen then took the wickets and at the end of their game could only put together the meagre score of 94 runs. The bowling of their opponents Gill and Porter proved too much for them. Gill bowled 4 overs and took 4 wickets for 10 runs. The only man on the English team that got into double figures were C. Barton 27, and B. Barton 23.

The team left England on the 17th January which will make them over three months out on the trip and from an excursion a representative of the Club "Starlet" had with them they seemed to have enjoyed the trip immensely.

Current News.

The Salvation Army Captain and wife were passengers on the S. S. Nicoya for Jamaica last night. We are sorry that the Captain oversights a long standing eminent had for us.

This S. S. "Parsimira" consigned to the United Fruit Company arrived from Colon early yesterday morning, bringing the following passengers: Daniel Arbulkie, James Pollock, Frederick Wicks, Frederick C. Warner, Edward Richards, Leo Levy, Gonzalez, Biza, Mrs. Julia Clare, Mrs. Julia Leiguerier, William B. Dierden, Herbert S. Prescott, John L. Aideshoff, Gustave Adams and 33 deckers and 12 cabin passengers in transit.

We are pleased to welcome our very courteous and genial fellow townsman, Mr. Claude D. Dowell, agent in Limon for the United

Fruit Company Line of Steamers. The young gentleman left Limon one day ago for San Jose, where his better part half is. We hope the few days outing has given the much coveted rest and vigor that is so necessary an adjunct for one that has to toil from early morn till late in the evening.

WANTED.—Right boy at Wainman's to gather.

Echo of Late Murder

The woman Margaret Pantan that was killed by Ezekiel Graham on Wednesday last was the mother of a girl child three months old. It is alleged she was married a few years ago and after living together with her husband for a short time left him and threw her affections on the notable Juan Chaves, who it will be remembered only a few weeks ago was before the judge charged with attempting to do grievous bodily harm to his wife and then on himself. The man Graham got in friendly terms with the deceased while she was *coquette*. It is stated that the pair always lived happy, blows were always the outcome of their quarrels, and now a peaceful sleep.

Debate in Spanish Chambers

Madrid.—The Chamber of Deputies, after a debate lasting from 8.30 o'clock this afternoon until midnight, rejected by a vote of 129 to 23 a Republican motion demanding that the Government introduce a Bill modifying the code of military justice and abrogating the law of jurisdiction.

The Premier announced that the modification of the military code was already on the programme of the Government and that the law of jurisdiction could not be abrogated before the military code was modified. This projected date on the former case thus ended, as anticipated, in a non-committal verdict.

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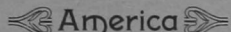
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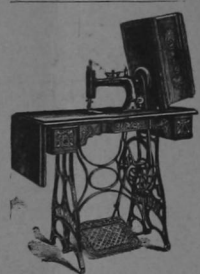


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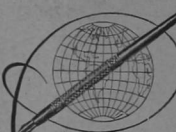
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